

SPORTS

★ **Oct. Fun Run**

A Fun Run, walk, and wheelchair race will take place on Oct. 10 for National Disability Employment Awareness Month.
Call Tech. Sgt. Bob Herring, 846-1102, for details and location.

★ **Ride of your life**

The East Fitness Center holds the Air Force cycling program, “Go For The Ride Of Your Life.”
You can win T-shirts, caps, towels and water bottles.
Come by the fitness center and pick up your mileage card.
Call Airman 1st Class Karen Pina at 846-1068 or Airman 1st Class Jason Lambright at 846-1102.

★ **Night Hoops**

Youth Programs is accepting registrations for the Operation Night Hoops Basketball League.
The league offers youth 13-18 years old the opportunity to play basketball and improve their athletic skills.

The sessions include discussions on drugs, alcohol and tobacco, the signing and reciting of a pledge to be drug-free and periodic workshops that address life skills issues.
Call Tyrone Griffin at 853-5437.

★ **Lunch Crunch**

The East Fitness Center has the Lunch Crunch, **Mondays, Wednesdays** and **Fridays**, 12:30-1 p.m.
The aerobics class focuses on abs, thighs and glutes.
Call Staff Sgt. Barbara Dixon at 846-1102.

★ **Swim Lessons**

Swimming Lessons are **Tuesdays** and **Thursdays**.
Lessons are 30 minutes and run from 4-6 p.m.
Cost is \$24 a session.
Payment is required at time of registration.
Register at the Indoor Pool.
Private lessons are also available.
Call 846-5485.

★ **Run for the hills**

Join the High Desert Investment Corporation in supporting the University of New Mexico Track and Field Program by running or walking in the 7th Annual Run for the Hills, **Sept. 21**, at High Desert. Register at www.tgrande.com.
E-mail tcr@tgrande.com.

★ **Swim program**

Kirtland aquatic club offers a swimming program for adults of all swimming ability.
Membership privileges include access to the Kirtland AFB indoor pool and USA Swimming certified coaches during designated practice times.
Practice times are **Mondays-Fridays**, 6-8 p.m. and **Saturdays**, 9-11 a.m.
Call Steven Morrell at 259-2098 or Rob Jones at 271-9586.

★ **Marathon Run**

Kirtland Fitness Center is looking for interested active duty participants to form an 8-person Kirtland AFB marathon team.
The team will compete in the Air Force Marathon, **Sept. 20** at Wright-Patterson AFB, Ohio. Fill out AF Form 303 to submit it to the fitness center for consideration.
Call Dan McDermott, 846-5100.

★ **Run for Your Life**

The Run for Your Life sponsored by the East Fitness Center is under way.
Participants are authorized three miles daily on equipment in the center.
At the 250-mile mark, participants are awarded a patch.
At 500 miles, athletes receive a T-shirt, at 1,000 miles a jacket and at 2,000 miles, a jogging suit.
Call 846-1102.

★ **Fun run**

An autumn 5-Kilometer fun run is at Hardin Field, **Sept. 19**, 9 a.m.
Prizes are awarded for first and second place finishers.
Call 846-1102.

★ **Big Guns Club**

Be part of the Big Guns Club. To qualify, men must be able to complete:
✓ 75 military style push-ups,
✓ 20 military style pull-ups, and
✓ bench press their weight and a half.
Women must be able to complete
✓ 30 military style push-ups,
✓ 2 military style pull-ups and
✓ bench press their weight.
T-shirts will be given to all participants who qualify. Register at the East Fitness Center. Call 846-1102.

★ **Big Guns Club II**

My Gun’s are Bigger than Yours! To qualify you must be able to complete:
✓ Shoulder press your bodyweight (males)
✓ Shoulder press 50 percent your bodyweight (females)
✓ 50 military style dips (males)
✓ 25 military style dips (females)
✓ Preacher curl 65 percent your bodyweight (males)
✓ Preacher curl 35 percent your bodyweight (females)
Call 846-1074.

★ **Tae kwon do**

The Rio Grande Community Center will have a tae kwon do class (Korean karate) every **Tuesday** and **Thursday**, 6-8 p.m. Cost is \$25 per month and 10 percent off for club members.
Call 853-1861.

SERVICES

★ **Football Frenzy**

Football Frenzy is every **Sunday**, during football season, 10 a.m.

Check out the Roadrunner Lounge for the game of your choice (not the one the local channel picked out for you).

There will be plenty of beverages, chow, screaming and lots of great prizes. Beverage and food specials as well as great prizes are for members. Nonmembers will be charged normal pricing.

Call 846-5165.

★ **Club membership drive**

This year’s club membership drive, “Travel the World on Us,” runs through **Oct. 31**.

The drive offers travel vouchers to be used at ITT as prizes and drawings will be held for new and current club members. Current club members are automatically entered in the drawing through the club works system.

There will be 140 prizes awarded Air Force wide that range from \$500-\$5,000. Air Force Services will draw for the prizes the week of Nov. 17.

You can pick up a club application at the Mountain View Club or call 846-5165 for more information.

Want to win a Bose radio? Look for upcoming details during the membership drive.

Any member can win it so, now might be a good time to join.

★ **Bingo**

Bingo is every **Wednesday** and **Friday** at the Mountain View Club. Play a great game and enjoy free food with friends or business acquaintances.

Call 846-5165.

★ **Lunch buffet**

The Mountain View Club serves lunch buffet 11 a.m.-1 p.m. for \$6.35 (members receive a discount of \$1).

Wednesday all-you-can-eat Asian buffet with the best egg rolls in town.

Thursday load up on tacos and other Southwestern foods.

Friday features catfish on the buffet with other items to enhance your meal.

Can’t eat the buffet? Then check the lunch menu for fresh made items.

★ **Bowling Center**

Through the month of **September** the Kirtland Lanes Cafe is closed for renovation. Service will continue with a limited menu during this time.

The center will remain open for bowling with minor interruptions while carpet, ceiling tiles and wall coverings are installed.

Kirtland Lanes has outdoor barbecue and burgers on weekdays, 11 a.m.-1 p.m. Daily specials include chicken and ribs, plus burgers, dogs, and polish sausage. Patrons are welcome to eat either inside or out.

Call 846-6851.

Visit Sky City!

Sept. 20, 8 a.m.-4 p.m.

Join Outdoor Recreation for an Unforgettable Trip to Acoma Pueblo, the Oldest Functioning Community in the United States.

Adults.....	\$14.....	18 yrs and older
Seniors.....	\$13.....	60 yrs and older
Children.....	\$11.....	6 to 17 yrs old
Children under 6....	\$3	

Call 846-1499